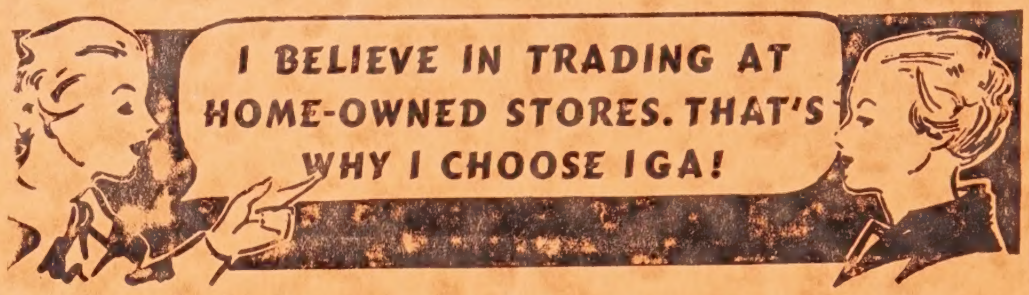
FERN SOCIAL CLUB
ASTORIA, OREGON



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PREFACE

This book is sponsored by and secured through the efforts of the members of this organization. The liberal advertising accorded us by the business men of this city has made this book possible, for which we are very grateful.

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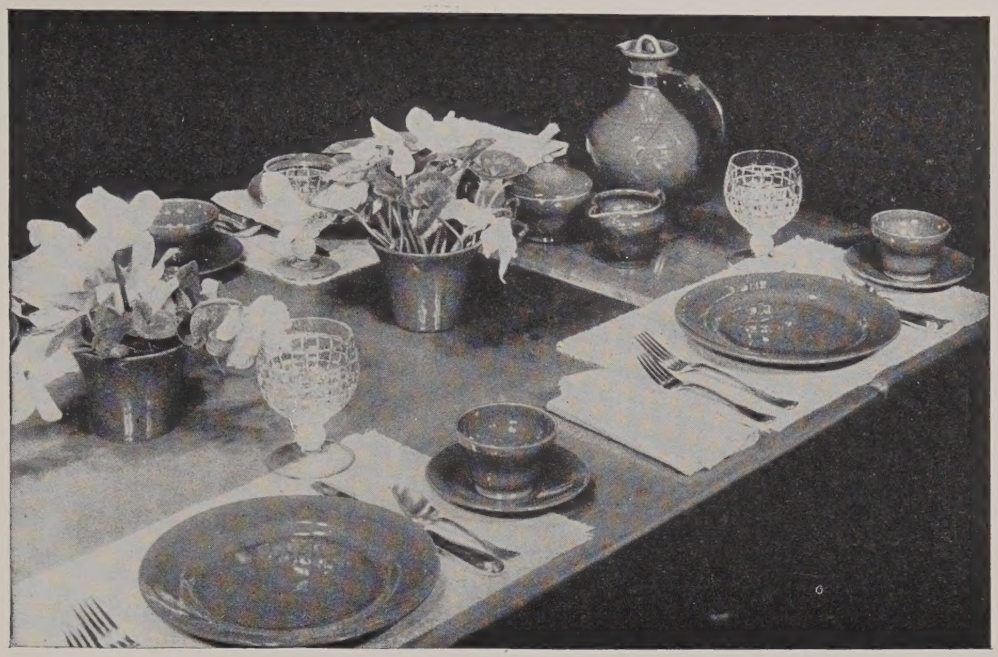
MASONIC TEMPLE
ASTORIA, OREGON

FERN SOCIAL CLUB

Astoria, Oregon

LIST OF OFFICERS

Mrs. Esther Spofford	President
Mrs. Margaret Green	Vice President
Mrs. Fred Jackson	Treasurer
Mrs. Ruth Jones	Secretary



Courtesy of Bon Marche'

AN INFORMAL BREAKFAST TABLE

Breakfast service differs somewhat from the service for other meals, as the breakfast hour is one of informality and good cheer.

The coffee is poured at the table and the coffee spoon may be placed on the saucer at the time of serving.

BREAKFAST MENUS

FOR SPRING

Fresh Berries with Cream
Corned Beef Hash Topped with Poached Eggs
Hot Muffins Jam
Coffee

FOR SUMMER

Melon in Season
Corn Flakes with Thin Cream
Creamed Chipped Beef on Toast
Coffee Doughnuts

FOR AUTUMN

Sliced Fresh Peaches on Cereal
Waffles (May be made at the table)
Bacon Curls or Broiled Ham
Honey Jelly
Coffee

FOR WINTER

Grapefruit or Chilled Juice
Broiled Breakfast Steaks
Scrambled Eggs
Marmalade
Hot Rolls Coffee

Courtesy of Bon Marche'

WELL APPOINTED LUNCHEON TABLE

LUNCHEON MENUS

Chicken Soup with Saltines
Cold Ham Potato Salad
Coffee

Creamed Sweetbreads
Egg Toast
Head Lettuce Salad
Apple Whip Coffee

Cold Roast Pork
Creamed Potatoes New Peas
Bran Muffins
Fruit Compote Coffee

Spanish Rice
Lettuce and Tomato Salad
Corn Bread Sticks
Fruit Jello Coffee

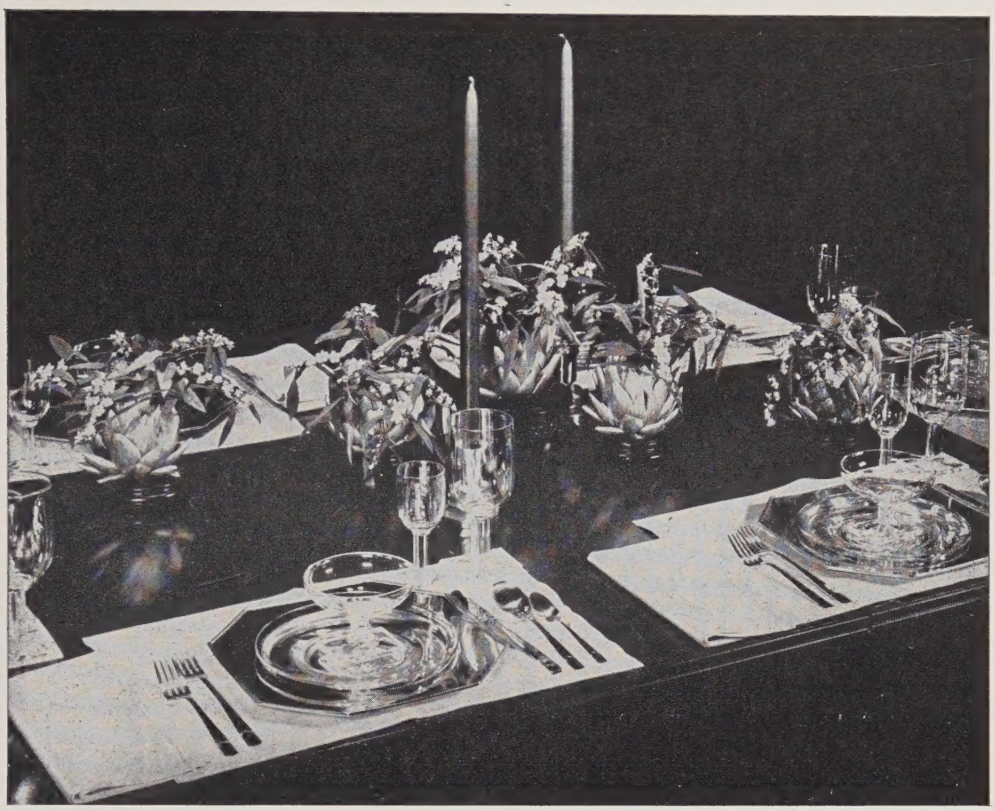
Broiled Lamb Chops
Potatoes O'Brien Sugared Beets
Perfection Salad
Muffins Coffee

Grilled Bacon on Toast
Hot Cheese Sauce
Asparagus and Egg Salad
Berry Shortcake
Coffee

Split Pea Soup
Ham and Mushrooms on Toast
Fruit Salad Toast Wafers
Coffee

Fried Scallops
Cucumber Fingers
Rhubarb Pie Coffee

Blueberry Muffins Coffee
Celery
Pineapple and Marshmallow Salad
Baked Peppers Stuffed with Macaroni



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WELL APPOINTED DINNER TABLE

DINNER MENUS

Celery Olives
Chilled Bouillon Crackers
Pork Tenderloins Grilled Tomatoes
Baked Stuffed Potatoes
Lettuce and Tomato Salad
Chilled Pineapple Custard Coffee

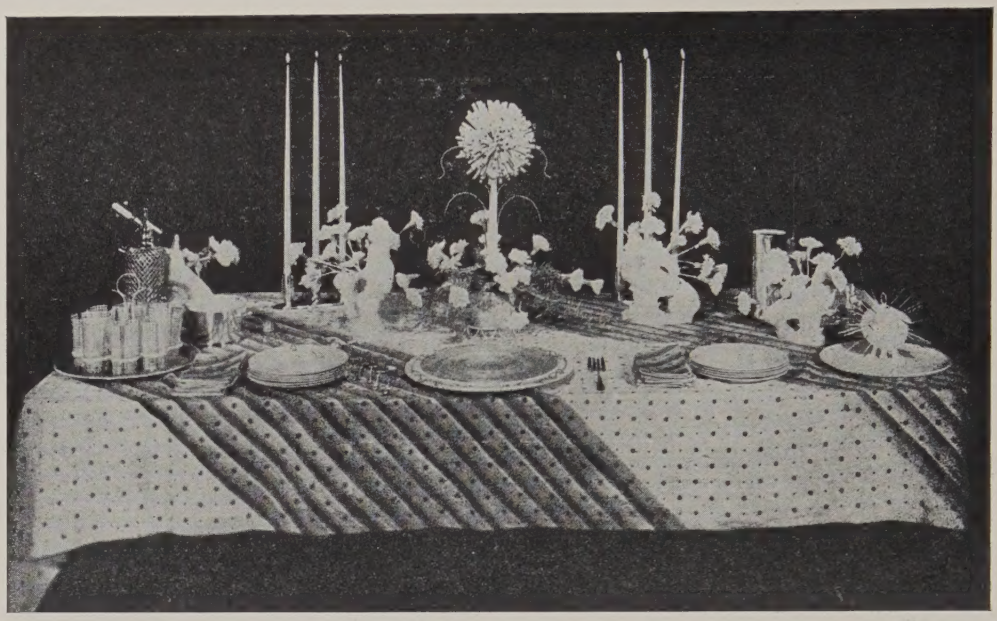
Cheese and Olive Canapes
Consomme
Roast Ribs of Beef Brown Gravy
Mashed Potatoes String Beans
Pickled Beets
Raspberry Ice Coffee

Vegetable Soup Croutons
Roast Loin of Lamb Mint Jelly
Twice Baked Potatoes, Carrots and Peas
Perfection Salad
Chocolate Pie Coffee

Fruit Cocktail
Celery Olives
Broiled Beef Tenderloins
Hashed Brown Potatoes String Beans
Lettuce and Tomato Salad
Fruit Parfait Coffee

Olive and Bacon Canapes
Cream of Onion Soup
Broiled Pork Chops Roasted Potatoes
Creamed Peas Pickled Beets
Pineapple Pie Coffee

Artichokes Hollandaise Sauce
Minute Steaks Shoe String Potatoes
Escalloped Corn Lettuce Salad
Frozen Apricots Candies
Coffee



Courtesy of Bon Marche'

GIVE A BUFFET SUPPER

Guests enjoy the informal, easy buffet suppers which are so popular these days. What could be nicer than to be able to spend the evening with your guests without the ever present worry about the lunch you are serving later in the evening. With the buffet supper the foods may all be prepared in advance which leaves only the last minute work of setting it on the table. This can easily be done while the coffee is boiling.

Select the foods you serve with an eye to color, for a gay looking table will bring many compliments from your guests and will add to your success as a hostess. The foods served need not be expensive but should have variety.

A SUGGESTION FOR THE MENU

A Plate of Assorted Cold Meats or a Hot Dish

Olives Pickles Celery Assorted Cheese

A Vegetable or Gelatine Salad

Potato Chips

Salted Wafers and Hot Buttered Rolls

A Plate of Individual Cakes or Cookies

Nuts Candies

Coffee and an Iced Fruit Drink

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MENUS AND SUGGESTIONS FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

MENUS

Cream of Mushroom Soup—Crackers
Baked Salmon Loaf with Tomato Sauce
Orange and Grapefruit Salad
Bran Muffins
Tea, Coffee or Milk

BAKED SALMON LOAF

1 can red salmon—break in flakes
1 cup cracker crumbs
½ tsp. salt
2 tbsp. melted butter
3 eggs—slightly beaten
dash pepper

Mix ingredients together and bake in buttered loaf pan set in a pan of water in a slow oven for forty-five minutes. Make tomato sauce by straining a can of stewed tomatoes and thickening tomato juice with flour and water to the desired consistency.

MENUS

Broiled Lamb Chops, Garnished with Watercress
and Fried Pineapple
New Peas in Butter
Bakin gPowder Biscuits
Chocolate Souffle
Tea ,Coffee or Milk

CHOCOLATE SOUFFLE

½ cup milk
1 tbsp. butter
2 tbsp. flour
1 square chocolate
2 tbsp. sugar
2 eggs, beaten separately

Melt butter, add flour, then milk and cook until smooth. Melt chocolate, add water and sugar and cook until thoroughly mixed. Cool. Add yolks beaten until lemon colored, then fold in stiffly beaten whites. Bake in buttered dish set in a pan of hot water in a moderate oven for forty minutes.

MENUS

Broiled Chicken on Toast
Buttered Asparagus
Stuffed Tomato Salad
Demi-tasse

MENUS

Tomato Juice
Sardine Egg Cups
Hard Rolls
Beverage

SARDINE EGG CUPS

8 hard-cooked eggs
2 tbsp. softened butter
2 tbsp. lemon juice
4 tbsp. mayonnaise
Salt and pepper
1 4-oz. can skinless, boneless sardines
Capers
Sliced stuffed olives or strips of
green pepper
Watercress or shred lettuce

Divide eggs in halves lengthwise, remove and mash yolks, add to these the butter, lemon juice, mayonnaise, seasonings and sardines mashed. Pile back into the egg-white cups and garnish with capers and olives or green pepper. Chill and arrange on a large platter, garnishing with watercress or shredded lettuce. Serves eight. If plain sardines are used, remove skin and bones before mashing.

MENUS AND SUGGESTION FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

MENU

Shrimp Louisiana
Toasted Cheese Sandwiches
Half of Grapefruit
Beverage

SHRIMP LOUISIANA

3 tbsp. butter
2 tbsp. chopped onion
2 tbsp. chopped green pepper
1 cup shrimps, cooked
2 tbsp. flour
1-3 tsp. salt
1½ cups tomatoes
2 cups boiled rice

Melt butter and add onion, pepper and shrimps. Cook slowly for five minutes. Add remaining ingredients and simmer for ten minutes. Pile on shallow platter and garnish with parsley or cress.

MENU

Cheese Delight
Head Lettuce with Thousand Island Dressing
Beverage

CHEESE DELIGHT

4 slices bread
4 medium thick slices packed American cheese
2 tsp. mixed mustard
8 slices bacon

Toast bread on one side only. Place on untoasted side a slice of cheese, spread this with mustard and top with bacon which may, if preferred, be cut into two inch lengths for greater convenience in serving. Cook in hot oven or under broiler until bacon is crisp and cheese is melted. Serves four.

MENU

Luncheon Sausages
Stuffed Celery—Pickles
Sugar Cookies
Beverage

LUNCHEON SAUSAGES

1 dozen pork sausages
6 slices canned pineapple with juice
6 slices crisp toast
1½ tbsp. cornstarch
Parsley

Prick Sausages and saute until brown and crisp. Drain pineapple, dip each slice in flour and saute in same fat. Keep both pineapple and sausages hot while preparing toast and sauce. For the sauce drain off any excess fat from the pan leaving but two tablespoons, add cornstarch to this, blend smoothly, and gradually stir in 1 cup pineapple juice. Bring to boiling point and simmer three minutes. Place a slice of pineapple on each slice of toast, top with two sausages and pour hot sauce over and around. Garnish with parsley. Serves six.

MENU

Chicken a la King
Lattice Potatoes
Lettuce Sandwiches
Cantaloupe Halves with Raspberries

MENU

Baked Beans in Casserole. Boston Brown Bread
Grapefruit Salad
Coffee

Grapefruit Salad for Four
Two Grapefruits, Halved

Prepare grapefruit in usual way, slicing in small pieces. Add one avocado pear. Mix with French dressing. Put in ice box and chill.

MENUS AND SUGGESTIONS FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

MENU

Creamed Sweetbreads in Ramekins
Tea Biscuits
Sponge Cake with Peaches with Peach Sauce

MENU

Celery—Olives—Radishes
Deviled Eggs en Casserole
Rolls—Butter
Grape Jelly
Chilled Pears—Lady Fingers
Coffee

MENU

DEVILED EGGS EN CASSEROLE

6 hard boiled eggs
Mayonnaise
Mustard
Pepper
Salt
1 cupful shrimp
1cupful cooked mushrooms

Cut eggs in half crosswise and remove yolks. Mix yolks with mayonnaise, mustard, pepper and salt to taste. Refill egg whites and place in greased casserole with shrimp and mushrooms. Cover with cheese and place in moderate (350 degree) oven until thoroughly heated or about ten minutes.

MENU

Cold Eggs a la Parisien
Sardine—Anchovy Sandwiches
Tips of Asparagus Salad
Fruit—Claret Cup
Cold Eggs a la Parisien

Hard cook, chill, and divide one or more eggs for each guest. Slice top off a round loaf of crisp bread, take out all the soft part, spread with butter and fill with a mixture of cold vegetables and mayonnaise. Use peas, carrots, a tomato, peppers ,celery and beans, both lima and green stringless ones. Arrange the eggs on top of the vegetable salad; pressing them down a little.

MENU

Cream of Chicken Soup
Mixed Vegetable Salad
Ry-Krisp—Butter
Strawberry Shortcake
Tea Cream

MIXED VEGETABLE SALAD

16 asparagus tips
2 cupfuls cooked green peas
2 cupfuls cooked, diced carrots
chopped parsley
diced pimento
½ cupful mayonnaise
lettuce

Arrange lettuce on salad plate and radiate asparagus tips toward the edge .In spaces between tips arrange a mound of carrots alternately with a mound of peas. Place mound of mixed carrots and peas in center. Surround with mayonnaise forced through pastry bag and tube. Sprinkle carrots with chopped parsley and peas with pimento.

MENU

Sausage on Apple Rings
Potato Rolls
Head Lettuce Salad—French Dressing

SAUSAGE ON APPLE RINGS

Slice apples two or three inches thick. Cover with brown sugar, sprinkle with cinnamon and cloves. Make patties of sausage meat (seasoned), put on top of apples. Put in shallow pan with ½ inch water in bottom. Cover and bake in oven for twenty minutes.

MENUS AND SUGGESTIONS FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

MENU

Chicken a la King on Baking Powder
Biscuits
Chopped Cabbage and Celery—French Dressing
Orange Shortcake

MENU

Jellie Tomato Bisque
Tea Rolls
Cottage Cheese
Coffee Tea

JELLIED TOMATO BISQUE

2 cups canned tomatoes
2 whole cloves
1 small onion, minced
½ tsp. celery seed
1 tsp. salt
1 cup cream
2 tbsp. sugar
⅛ tsp. pepper
1 tbsp. granulated gelatin
2 tbsp. cold water
1 tbsp. lemon juice

Combine tomatoes ,cloves, onion, celery seed, salt, sugar and pepper, and simmer 15 minutes. Strain and add lemon juice and gelatin which has been softened in cold water. Stir until thorougly dissolved. Cool until mixture begins to set. Then beat with egg beater until frothy and fold in the cream beaten stiff. Turn into refrigerator and chill until set.

MENU

Braised and Creamed Kidneys
Melba Toast
Lettuce Salad
Tea or Coffee

BRAISED AND CREAMED KIDNEYS

1 beef kidney
4 tbsp. butter or bacon fat
1 sliced onion
mashed potato
⅛ tsp pepper
3 to 4 drops of malt vinegar
6 tbsp. flour
3 cups milk

Soak one fresh beef kidney in cold salt water for one-half hour. Drain and cook with a small quantity of boiling water in a double boiler for three hours, or until tender. Cut or chop medium fine and saute until golden brown in butter or bacon fat and slice of onion. Add pepper and malt vinegar; add flour, stir well, then add milk with one cup of the liquor the kidney has been cooked in. Cook until smooth and thickened. Place in baking dish and cover with a fine layer of well seasoned mashed potato. Brown for 10 minutes. Serves eight.

MENU

Green Peppers Stuffed with Shrimp and Corn
Corn Meal Muffins
Assorted Relishes and Jam
Date Sticks—Tea

STUFFED GREEN PEPPERS

Nice round green peppers
Small can of whole kernel corn
1can of shrimp
Cheese sauce

Cut stem end from the green peppers and remove the seeds. Make a medium white sauce, add snappy cheese to taste and add the shrimp which have been cleaned, and the corn. Stuff the peppers with this mixture. Cover the tops with buttered bread crumbs; add a dash of paprika and bake in a medium to hot oven for about 20 minutes.

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MENUS AND SUGGESTIONS FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

MENU

Corn Bisque—Croutons
Shredded Cabbage, Carrot and Green Pepper
with French Dressing
Fruit Sauce Cookies

CORN BISQUE

1 can corn
1 pint water
1 small onion
1 stalk celery
1 sprig celery
½ tsp. salt
1 cup rich milk
1 cup seasoned chicken stock
2 tbsp. butter
2 tbsp. flour

Cook first five ingredients slowly for one-half hour. Remove celery, parsley, onion and drain, rubbing through the sieve as much corn as possible. Melt butter, add flour and gradually add milk and chicken broth. Cook until thickened and then add strained corn mixture. Season with more salt if necessary, and a bit of white pepper. Put a spoonful of whipped cream on each cup of soup and top with a dash of paprika and chopped parsley.

MENU

Stuffed Tomato Salad Cocoa
Saratoga Chips Date Muffins
or Nut Bread
Floating Island Custard

TOMATO SALAD

Scoop out centers of nice firm whole tomatoes. Fill cavities with chopped or cubed cucumber, celery, green pepper, green onion and stuffed olives which have been marinated with french dressing. Top with a spoonful of oil mayonnaise. Garnish with a dash of paprika, stuffed and ripe olives and radish roses. Serve in a cup of lettuce.

MENU

Canapes of Smoked Salmon
Chicken or Sweetbreads in Patty Shells
Potato Chips Pineapple Salad
Pineapple and Apricot Marmalade
Rolls
Blitz Torte Coffee

MENU

CHICKEN OR SWEETBREADS WITH MUSHROOMS

½ cup mushrooms
2 cups chicken or sweetbreads
2 tbsp. butter
2 tbsp. flour
½ cup cream or milk or mushroom or chicken liquid ,salt and pepper
1 tsp. chopped parsley

Heat butter ,add flour; gradually add one cup of hot liquid ,milk or cream with mushroom and chicken or sweet bread liquid. Boil until smooth and add seasoning and parsley. Add chicken or sweetbreads and mushrooms. Serve in party shells.

MENU

Grape Juice Cocktail Artichoke Appetizer
Halibut and Shrimp a la Newburg Potato Balls
Fruit Salad Muffins
Date and Walnut Torte Coffee

MENU

HALIBUT AND SHRIMP A LA NEWBURG

1½ lbs. halibut
2 slices bacon
1 cup white sauce
3 whites of eggs
1½ lbs. shrimp
1 cup tomato sauce
½ tsp. paprika
3 egg yolks, beaten

MENUS AND SUGGESTION FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

Cook fish in salted, boiling water with onion until tender, drain and shred. To one cup of the hot white sauce add the stiffly beaten whites and then the shredded fish. Place in center of hot platter and set in oven with oven door open. Take the boiled shrimp, remove the shell and break in small pieces. Add tomato sauce and pour it while hot gradually on the beaten yolks, mixed with a little cold water. Add the shrimp, heat thoroughly and place around the halibut and serve at once.

MENU

Chicken Soup — Salted Sticks
Chicken a la King in center of Noodle Rings
Hot Asparagus Tips.....Finger Rolls
Combination Salad
Imperial Sunshine Cake
Imperial Sunshine Cake — Coffee

CHICKEN A LA KING IN NOODLE RING

3½ lbs. chicken
1 can broken mushrooms
1 large green peper
1 pimento, cut
1 can peas
½ cup chicken fat or butter
½ cup flour
2 cups chicken soup
½ cup cream
2 egg yolks

Stew the chicken; cut in strips. Cut pimento, green pepper. Drain mushrooms and peas. Heat the fat in the spider, add flour and when bubbling add the soup; stir until thick and smooth, season with salt ,pepper and paprika. Add liquid from the mushrooms and stir. To one-half of this sauce add the chicken and place it where it will keep hot. To the rest of the sauce add the cream, stir until smooth; add the peppers, peas, mushrooms, pimentos, and just before serving the yolks of two eggs, first dissolved with a little of the hot sauce. Put chicken with the gravy on a large serving platter. On top of this add mushrooms and pepper mixture and garnish with asparagus and pepper ring placed at equal distances around the platter.

MENU

Vegetable Soup
Chopped Beef and Cream Cheese Sandwiches
Pineapple and Mandarin Orange Salad

CHOPPED BEEF AND CREAM CHEESE SANDWICHES

Flavor Cream Cheese with Onion Juice ,spread on Slices of Chopped Beef and roll in Slices of Bread

MENU

Tomato Juice Cocktail
Southern Spoon Bread — Mixed Vegetable Salad
Lemon Torte — Coffee

SOUTHERN SPOON BREAD

2 cups fine corn meal
1 tsp. salt
1 qt Milk
4 eggs
1 cup boiled rice
4 tbsp. butter
Hot water to moisten meal.

Scald corn meal with enough boiling water to moisten. Add butter, salt, slightly beaten eggs, rice and milk. Bake in moderate oven for one hour.

MENU

Macaroni and Cheese
Lettuce and Grapefruit with French Dressing
Fruit Cup — Cookies

MENUS AND SUGGESTION FOR AFTERNOON PARTIES AND TEAS WITH RECIPES

MENU

SPRING LUNCHEON

Pineapple Juice Cocktail
Seafood Salad Brown Muffins
Buttered Green Beans
Strawberry Shortcake

Pimento Cheese Sandwiches
Vegetable Salad
Sponge Cake with Fudge Frosting
Coffee Milk

Mixed Vegetable Salad
Toasted Ham and Cheese Sandwiches
Strawberries and Fresh Pineapple
Brownies
Tea, Coffee or Milk

TOASTED SANDWICHES

Place a thin slice of American cheese and a thin slice of ham between two slices of bread buttered on the outside as well as the inside. Broil slowly until golden brown on both sides.

MENU

Lobster Salad
Tiny Hot Rolls
Raspberry Ice
Frosted Cakes
Tea Coffee

MENU

Ham Mousse
Baking Powder Biscuits
Lettuce Salad with French Dressing
Orange Ice
Tea or Coffee

FRENCH DRESSING

9 tsp. vinegar
1 tsp. Worcestershire sauce
20 tbsp. Olive oil
½ tsp. salt
1tbsp. sugar
¼ tsp. pepper
¼ tsp. paprika

TRY THESE

ICE BOX CAKE

½ lb. butter
3 c. confectioners sugar
2 eggs
1 t. vanilla
2 cans crushed pineapple
½ pt. whipping cream
Lady fingers

Cream butter and sugar thoroughly.Add the eggs (yolks and whites separately), vanilla and cream again. Line pan with split lady finegrs. Spread half the cream sauce over them. On top of this spread crushed pineapple. cream whipped, another layer of lady fingers and top with remainder of creamed sauce This just fits a Pyrex Utility Pan.

Put in refrigerator for 24 hours ,cut into squares and serve with whipped cream. Serves 15 to 16.

ENGLISH GOLDEN PUDDING

¼ lb. bread crumbs
¼ lb. suet
¼ lb. marmalade
¼ lb. sugar
4 eggs

Mix bread crumbs with finely minced suet and marmalade, sugar and well beaten eggs. Put into buttered basin or mold and tie down with a floured cloth. Boil for two hours. When turned out, strew a little fine sifted sugar over top.

LEMON PUDDING

4 eggs (whites beaten very stiff)
1½ lemons (juice and rind)
¾ c. sugar (beaten in yolks)
1½ tbsp. Knox gelatin
3 tbsp. boiling water

Soak gelatin in boiling water. Stir, and add to yolks. Mix sugar with lemon juice and grated rind, and combine with egg yolks. Fold in whites. Let harden in molds. Serve with whipped cream.

JELLIED CUSTARD

½ tb. gelatine
¼ c. cold water
3 egg yolks
pinch of salt
1/3 c. sugar
1¾ c. milk

Soak gelatine in cold water. Beat yolks until light, add salt ,sugar, milk and cook in double boiler until smooth and creamy, stirring constantly. Then add dissolved gelatine and stir until thoroughly dissolved. Flavor and turn into molds. Serve with whipped cream or plain thick cream. Serve.

MACAROON DESSERT

2 tbsp. gelatin
1 c. cold water
2 c. milk
3 eggs
1 c. sugar
1 doz. broken macaroons

Dissolve gelatin in cold water. Heat milk, add egg yolks and sugar. Add gelatin and let boil. Beat whites and fold into hot mixture. Pour over macaroons in a mold. Serve with whipped cream.

SUPREME SAUCE

1 c. sugar
½ c. water
2 eggs

Boil sugar and water until it threads. Pour onto beaten egg yolks and beat till it stiffens. Let cool. Add to whipped cream.

CHOCOLATE SOUFFLE

4 tbsp. butter
2 c. milk
⅛ tsp .salt
4 tbsp. flour
½ c. sugar
1 tsp. vanilla
3 egg yolks
3 egg whites
2½ sq. unsweetened chocolate

Use a double boiler. Make a white sauce as follows: Melt butter, add flour, and stir until smooth. Add milk and cook 15 minutes, stirring constantly until thickened. Add melted chocolate. Add sugar and salt. Pour over the beaten egg yolks. Cool. Fold in stiffly beaten egg whites and vanilla. Pour into greased baking dish and place in pan of hot water. Bake in a moderate oven of 375 F. for 45 minutes. Serve with whipped cream. Serves 6.

LEMON SPONGE

8 eggs
1 c. sugar
pinch salt
1 lemon - juice and grated rind
2 tbsp. gelatin dissolved in
6 tbsp. boiling water

Beat egg yolks, add half the sugar, lemon juice and rind, and disolved gelatin. Beat egg whites stiff, add rest of sugar and fold this into yellow mixture. Pour into mold or pan. Put in refrigerator to set. This may be kept several days.

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TRY THESE

BREAD STUFFING—NO. 2

1 quart stale bread in pieces
1 teaspoon salt
½ teaspoon peper
2 tablespoons fat drippings, melted
⅛ teaspoon ginger
¼ teaspoon poultry seasonng
1 egg
1teaspoin chopped parsley
½ teaspoon onion, chopped fine
Heart, liver and gizzard, or pork or liver sausage

Soak bread in cold water and squeeze dry. Season to taste and add the melted fat. Mix thoroughly ,add the egg, slightly beaten, and the onion if you wish. Add heart, liver and tender parts of gizzard ,chopped fine, and partially boiled ,or the pork or liver sausage.

Or soak bread in cold water, and squeeze dry. Heat fat in a spider, add the soaked bread, stir until fat is absorbed. Season to taste, add the egg, slightly beaten, and the onion cut fine.

EGG PLANT OR WHITE SQUASH

Boil two egg plants (skin ,stem and all) until you can stick a fork through easily. Split egg plant in half (stem and all), scoop out center very carefully, so as not to break the shell. Add to scopped out portion of egg plant:

The inside of a quarter of a loaf of stale bread
1 onion
A small piece of garlic
A sprig of parsley
1 tomato or a tablespoonful of canned tomato
1 egg, pepper and salt to taste

Chop up all together very fine. Put a tablespoonful of lard in a frying pan. When hot add mixture and let fry until it leaves the pan clean. Stir constantly. When fried put in a baking pan and sprinkle some toasted bread crumbs over it. Put three small pieces of butter on top and let bake for about ten minutes, or until brown. Your success depends upon the mixing and frying.

RICE CROQUETTES

To 1 coffee cup of boiled rice add:
2 eggs
Butter size of an egg, melted
½ pint of sifted flour
A level teaspoon Royal baking powder
2 heaping tablespoons of sugar

Beat up quickly and lightly. Take up one-half tablespoon, drop from spoon into a plate of sifted flour, rolling it over that it may be covered. Take up into spoon and drop into boiling lard. When the croquettes are a light brown take up with a perforated ladel. Put on a brown paper in a biscuit pan to drain. Flavor with vanilla.

"BELLE CALAS; tout chaud"

Under this cry is sold, by old creole negro women in the French portion of New Orleans, every morning, this tasty dish:

Boil soft 1 lb. rice, when cold add to it:
3 or 4 eggs
A large cup of sugar
1 package of self-rising flour
Soak a piece of bread in water

Drain and take off the crust ,mix it well with the rice preparation and cook by dropping in a spoonful at a time in boiling lard. The cake must not touch the bottom of the pot.

WAFERS

Take 1 lb. of sugar
½ lb. of flour
½ lb. butter
6 eggs
1 teaspoon lemon

Beat whites and yolks separate, don't grease the iron. This will make 85 wafers, fine for dessert.

HAMBURGER CAKE

1 lb. of currants
½ lb. of butter
2 lbs. flour
9 eggs
1 cup of sugar
Little piece of citron
The rind of 1 lemon, grated
1 yeast cake dissolved in ½ cup of milk

Let the dough raise before baking, put over it finely cut almonds, sugar and cinnamon.

TEA OR CINNAMON PRETZELS

Take ¾ of a pound of flour
2 lbs. of sugar, sift together
¼ lb. melted butter
3 eggs
1 teaspoon of cinnamon
1 teaspoon of baking powder
Form pretzels

Mix 1 egg and water and put over them and bake in a hot oven.

HERRING SALAD

Soak herring in fresh water over night. Skin and take out bones and cut into small dice. Add boiled beets cut into dice, also hard-boiled eggs, apples ,onions ,cooked veal and pickles, all cut into small dice. Then add pepper, vinegar, a little mustard and a little olive oil. Quantities are used to suit taste.

TRY THESE

CORN AND CHEESE SOUFFLE

2 tablespoons butter
1 tablespoon green peper
6 tablespoons flour
2 cups milk
1 cup corn
1 cup grated cheese
3 eggs
½ teaspoon salt
1 cup bread crumbs

Make a sauce of milk ,butter, cheese and flour, add corn, beat egg yolks and add with bread crumbs. Last, fold in stiffly beaten whites, bake in 350 degree oven for 30 minutes.

SALMON LOAF

1 can salmon, flaked fine
2 eggs
4 tablespoons butter
¾ cup bread crumbs
½ teaspoon salt
½ teaspoon pepper

Beat eggs, add milk and seasonings, then bread crumbs and salmon. Mix lightly, place in well buttered pan, stand pan in hot water, steam for 30 minutes in 350 degree oven.

CHICKEN CROQUETTES

2 cups chicken
1cup milk
½ teaspoon salt
1 tablespoon onion juice
2 eggs
1 pint bread crumbs
⅛ teaspoon pepper

Mix chicken and seasonings and 1 cup of bread crumbs, beat eggs, add milk, and beat again. Use ½ of egg and milk mixture to moisten chicken and crumbs, shape into croquettes, dip in remaining egg and milk, roll in bread crumbs and fry in deep fat.

BAKED BEAN CROQUETTES

1 pint cold baked beans
2 tbsp. tomato catsup
2 tbsp. chopped onion
1 egg
½ cup water
2 cups bread crumbs

Press the beans through a sieve, add the seasonings and shape in croquette forms, beat the egg, add the water and beat again, roll in bread crumbs and fry in deep fat.

MOCK DUCK

2 lbs. round steak
1 teaspoon salt
⅛ teaspoon pepper
3 cups stale bread
4 tablespoons flour
½ cup celery
2 tablespoons onions
1 egg

Pound flour in steak on both sides, sprinkle with salt and pepper, pour milk over bread crumbs, let stand until soft, add celery, onions, green pepper and egg, spread on steak, roll up and secure with tooth picks. Place 4 tablespoons of butter in baking pan or small roaster, place meat in pan, cover with crumbs. Add bits of butter, pour over ½ cup milk ,cover tight and bake ½ hour in 350 degree oven.

ESCALLOPED OYSTERS

1pint oysters
2 tbsp. oyster liquor
2 tbsp. milk or cream
2 tbsp. green pepper
½ cup stale bread crumbs
1 cup cracker crumbs
½ cup melted butter
salt
pepper

Mix bread and crackers and stir in butter. Put a thin layer in bottom of buttered, shallow baking dish, cover with oysters and sprinkle with salt and pepper; add ½ each of oyster liquid and cream. Repeat, cover top with remaining crumbs. Bake 30 minutes in hot oven.

Never allow more than 2 layers for escalloped oysters; if 3 layers are used, the middle layer will be underdone. Spread 3 hard boiled eggs, chopped fine ,over top, with the crumbs, before baking if desired.

FISH BALLS

½ lb. raw fish
½ cup fine stale bread crumbs
½ cup milk
1 egg
1 tsb. grated onions
1 teaspoon salt
¼ teaspoon butter

Remove skin and bone from fish and chop fine. Cook bread and milk to a paste. Remove from stove, add egg, seasoning and fish and shape into balls, size of a walnut. Drop into boiling salted water and cook slowly 20 minutes. Serve with tomato sauce.

STUFFED TOMATOES

8 firm tomatoes
½ oz. butter
½ lb. chicken livers
salt and peper to season
1 medium sized onion
6 fresh mushrooms
½ cup bread crumbs
parsley

Wash and dry tomatoes. Cut off top without detaching, if possible, so it will serve as a cover. Scoop out inside of each and place in cool place until later, having seasoned inside with a little salt and pepper. Chop onion fine; place in sauce pan with butter and cook for 3 minutes to brown, being careful not to burn. Add mushrooms and the chicken livers, chopped. Season with a little salt and pepper. Cook for 3 minutes ,stirring occasionally. Now add inside of tomatoes, bread crumbs and chopped parsley. Cook 2 minutes longer, and place in bowl to cool, stuff tomato shells with mixture, close down covers, place in oven and bake 18 minutes on buttered tin. Serve hot. Sausage meat or chicken may be used in place of livers.

BEEF LOAF

1 lb. raw beef, chopped
1 tsp. chopped onions
salt and pepper
½ cup bread crumbs
½ cup cold water

Mix all the ingredients together, then form into a roll. Place in a baking pan and bake in a quick oven about 30 minutes; baste every 5 minutes with ¼ cup of fat drippings melted in one cup of boiling water; or instead of basting lay strips of bacon over the top.

BREAD PANCAKES

1 egg
1 stale white bread
¼ teaspoon salt
pepper
1 tablespoon flour

Soak the bread in milk or water until thoroughly moistened. Mix with the rest of the ingredients, form in small cakes, and fry in a spider in a little hot butter on both sides until golden brown.

TRY THESE

CARROT SUET DATE PUDDING

1 cup ground suet
1 cup raw ground carrots
1 cup bread crumbs
1 cup sugar
1 cup raisins or dates (or both)
1 tsp. soda dissolved in
¼ cup warm water
1 tsp. cinnamon
½ tsp. salt
2 eggs beaten

Add about 1 cup flour but do not put flour in all at once, as batter should not be too stiff. Steam 1½ hours or longer. Serves six.

LEMON PUDDING

1 cup sugar
3 tbsp. flour
2 egg yolks beaten with
1 cup milk
juice and rind of 1 lemon
1 tbsp. melted butter
2 egg whites beaten and folded in

Mix sugar and flour. Bake 40 minutes in slow oven in pan of water.

STRAWBERRY ALMOND PARFAIT

Whip ½ pint cream. Add 1 box strawberries, crushed and sweetened and ½ cup toasted almonds ground. Stir and freeze.

TWO-IN-ONE SHERBET

Juice of 1 lemon
Juice of 3 oranges
1 cup sugar
1 cup water

Make a syrup of sugar and water. Cool and add juices. Freeze to a mush and add 2 beaten egg whites. Makes 1 quart.

To make a smooth sherbet, it is best to stir this two or three times while freezing, and it is much smoother if beaten with electric beater the last time it is stirred.

REFRIGERATOR CHOCOLATE PIE

1 cup milk
½ cup sugar
3 egg yolks
¼ tsp. salt
2 squares chocolate
½ tbsp. gelatin soaked in
¼ cup cold water
3 egg whites
¼ cup sugar
1½ cups vanilla wafers or cake crumbs

Cook milk, sugar, egg yolks, salt and chocolate together and add the gelatin Cool. Fold in beaten whites of eggs in which ¼ cup sugar has been added. Line pie tin with wafers or cake crumbs and add the prepared ingredients. Let stand in refrigerator 4 or 5 hours and serve with whipped cream.

LEMON SHERBET

Juice of 4 lemons
1 pint of cream
1quart of milk
Juice of 2 oranges
2 cups sugar

Put fruit juice with sugar in freezer. Half freeze and turn in the milk and cream and finish.

ICE BOX CAKE

1 pkge. Knox gelatin
(½ box)
3 eggs
3 pints double cream
2 doz. lady fingers
1 cup milk
2/3 cup sugar
1 tbsp. vanilla

Cover gelatin with enough cold water to dissolve and let stand a few minutes. Put milk in double boiler. Stir in gelatin and sugar. Beat yolks of eggs stiff and stir into mixture until it thickens. Cool.

Whip cream and whites of eggs separately until stiff. Whip whites into cooked mixture just before it begins to set. Then whip in cold cream. Crumble lady fingers and whip gradually into mixture and add vanilla. Put in mold in ice box and let stand 12 hours. Serve with whipped cream.

CHOCOLATE SAUCE

5 tsp. flour
¼ cup cocoa
½ tsp. salt
¾ cup sugar
½ cup Karo syrup
1 tbsp. butter
½ tsp. vanilla
1½ cups water

Boil up and place in jar in refrigerator after it has cooled.

TRY THESE

FROZEN TOMATO SOUP

1 can tomato soup
1 can water
½ tablespoon gelatine

Heat the soup and water together to boiling point, and stir in the gelatine which has been soaked for 5 minutes in cold water to cover.

Cool thoroughly and freeze.

Time required, about 3 hours.

Serve topped with slightly salted whipped cream sprinkled with paprika.

FROZEN BOUILLON

1 quart bouillon
seasonings
¾ tablespoon gelatine

Prepare, freeze and serve as directed in recipe for frozen consomme below.

FROZEN CONSOMME

1 quart consomme
salt
pepper
celery salt
¾ tablespoon gelatine

Heat consomme to boiling point, add seasonings to taste and stir in gelatine which has been soaked in cold water. Cool thoroughly and freeze 3 hours. Serve in bouillon cups topped with seasoned whipped cream.

SEMI-FROZEN FRUIT COCKTAIL

orange pulp
grapefruit pulp
bottled grape juice
white cherries, pitted

Combine fruits and stir in sufficient quantity of grape juice to make the whole a juicy mixture. Pour into a freezing tray and chill until the juice is partially frozen, stirring every 15 minutes. Time required about ¾ hour.

Other fruit combination may be used to advantage.

For instance, diced peaches, pears, pineapple and raspberries; or fresh or canned strawberries and pineapple.

If very sweet canned fruit is used, a little lemon juice should be added to the mixture.

In using fresh fruit, it may be necessary to make a small amount of sugar syrup to give sufficient sweetening and liquid to the cocktail. The syrup should be cooled before adding to the fruits.

CHILLED STUFFED TOMATOES

ripe tomatoes
celery
green pepper
salt
mayonnaise

Remove skins from firm ripe tomatoes (1 to each person to be served, if small, and ½ to each person, if large.)

Scoop out pulp and fill with a salad composed of chopped celery and green pepper into which mayonnaise has been stirred.

Chill for ½ hour.

Tomatoes must not be frozen as they become hard and icy, due to their water consistency.

Tomatoes may be stuffed with shredded shrimp and chopped olives mixed with mayonnaise, or cottage cheese, blended with mayonnaise and sprinkled with paprika.

CHAMPION CANTALOUPE

pulp of 2 medium sized cantaloupes
½ teaspoon salt
dash each of all-spice
cinnamon, ginger
¼ cup sugar
1 cup heavy cream

Scoop out pulp of cantaloupes, put through food chopper and stir in salt, sugar and ground spices.

Set in ice box food compartment for 1 hour. Fold in stiffly whipped cream and place in the freezing tray for 2 hours.

Served on crisp lettuce and topped with mayonnaise, this makes a novel salad.

Or frozen in paper cup and topped with whipped cream and a marschino cherry it is a delightful dessert.

FROZEN CHEESE SALAD

1 cup cream cheese, mashed
1 medium sized green pepper, minced
1 small can pimento, chopped
½ cup nut meats chopped
½ teaspoon paprika
½ teaspoon celery salt
¼ teaspoon dry mustard
1 teaspoon salt
¼ cup olive oil
1 tabespoon lemon juice
½ cup cream

Mix first 4 ingredients, add seasonings, stir in olive oil and lemon juice, blending well. Then fold in whipped cream. Freeze 4 hours. Serve garnished with lettuce and French dressing.

CHILLED PINEAPPLE SALAD

Use sliced canned pineapple, one slice to each person to be served. Fill the centers with a small mound of salad made of cottage cheese blended with lemon juice, paprika, salt and ground nuts. Chill 1 hour in the freezing tray. Serve on crisp lettuce and top with a creamy mayonnaise.

CHILLED PEAR SALAD

Use canned or fresh pears, one-half pear to each person to be served. Fill centers with a salad made of orange pulp and shredded pineapple blended with a creamy mayonnaise. Chill 1 hour. Serve with a garnish of lettuce.

Halves of canned or fresh peaches may be prepared in a similar manner using pineapple and pecan nut meats with mayonnaise, or some other appropriate combination.

CHILLED FRUIT SALAD

½ cup Malaga grapes halved and seeded
½ cup orange or grapefruit pulp
½ cup diced canned pineapple
½ cup canned white cherries
½ cup diced canned pears
1 cup mayonnaise
1 teaspoon gelatine

Stir the fruits into the mayonnaise. Add the gelatine which has been previously soaked in cold water to cover and softened over boiling water. Chill about 2 hours. Do not allow this salad to freeze. It may be chilled in paper cups or in one piece and cut into cubes for serving. Garnish with lettuce and mayonnaise.

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TRY THESE

CURRANT MINT SHERBET

1 teaspoon gelatin
1 sprig mint
½ cup milk
¾ cup currant jelly
1 cup whipping cream
2 egg whites

Bruise the mint, add to the milk with gelatin, and heat to boiling point. Strain ,cool, stir into jelly. Fold this into cream and egg whites beaten stiff and dry. Mold and freeze in ice drawers. Stir at thirty minute intervals in the three to four-hour freezing time.

CARAMEL MOUSSE WITH SLICED PEACHES

1 cup milk
½ cup sugar caramelized
Yolks of 3 eggs
1 cup of double cream
1 cup single cream
1 teaspoon vanilla
Sliced peaches

Scald milk, add to carmelized sugar syrup, and pour into egg yolks slowly ,stirring constantly. Cook over hot water until custard coats the spoon. Cool. Whip double and single cream together. Fold into custard; add vanilla and freeze. When time to serve remove from mold. Slice and garnish with sliced peaches

MOCHA CREAM

1 teaspoon gelatin
1 tablespoon cold water
¾ cup hot strong coffee
½ cup sugar
2 inch stick cinnamon
Speck salt
½ cup evaporated milk
½ pint whipping cream
½ teaspoon vanilla

Soak gelatin in cold water three minutes dissolve in the coffee. Add sugar, cinnamon, salt and milk. Chill until the mixture thickens slightly, remove cinnamon and fold into whipped cream. Add vanilla and freeze in the frost unit three to four hours. Beat three times at half hour intervals, stirring from the back of the drawer to the front.

GOLDEN COUPE

2 teaspoons gelatin
1 tablespoon cold water
2 tablespoons boiling water
½ cup sugar
Grated rind ½ orange
¾ cup orange juice
½ cup milk
1 egg white
1cup whipped cream
3 cantaloupe

Soften gelatin in cold water, dissolve in boiling water, add sugar, grated rind and juice of orange. Pour into milk slowly. Chill until mixture thickens slightly. Beat egg white stiff and dry; fold into cream. Fold in first mixture, Freeze in the small drawer of the frost unit, stirring at twenty minute intervals for the first hour and one-half. Then occasionally until frozen. Time: Three to four hours. Chill cantaloupes. Cut in halves; remove the seeds and fill with the orange cream sherbet. (Serves six.)

Note: This sherbet is delicious in itself, the cantaloupe is optional .

CHERRY ALMOND PARFAIT

1 cup sugar
1 cup water
3 egg whites, beaten
1 pint cream, whipped
1 cup almonds, shredded
1 cup cherries, chopped

Boil sugar and water until it threads (about five minutes).,Pour gradually onto the stiffly beaten egg whites ,stirring constantly. Fold into whipped cream with cherries, almonds and flavoring. Pour into a mold and pack in ice and salt in the proportion of two parts ice to one of salt or ice drawers of an electric refrigerator.

SUGGESTED FROZEN DESSERTS

HOT FUDGE ECLAIR

Slit an opening in an eclair or cream puff shell on one side ,press apart, fill with ice cream and allow to return to its original shape. Cover with hot Fudge Sauce, and sprinkle with halves of salted pecans.

HOT FUDGE SAUCE

1 square chocolate
1 tablespoon butter
1/3 cup boiling water
2 tablespoons corn syrup
1 cup sugar
⅛ teaspoon vanilla

Melt chocolate, add butter and pour water on gradually while stirring. Bring to the boiling point, add corn syrup, sugar and salt, let boil five minutes, cool slightly and add vanilla.

ICE CREAM TARTS

Make shells by baking pastry dough over the backs of ramekins or muffin tins. When baked and cold, fill with ice cream, cover with preserved cherries and then mask with whipped cream.

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TRY THESE

GRAPE SHERBET

2 cups sweetened grape juice
2 teaspoons gelatine

Follow recipe for pineapple sherbet substituting grape juice for pineapple and juice, omitting sugar and using 2 teaspoons of gelatine instead of 1.

APRICOT PARFAIT

1 cup sugar
1-3 cup water
4 egg yolks
1 pint heavy cream
1 cup apricot pulp
juice of ½ orange

Cook sugar and water until it spins a thread. Pour into well beaten egg yolks and cook in a double boiler, stirring constantly until thickened. Chill thoroughly and add the orange juice and apricot pulp. (Either canned apricots or stewed dried fruit may be mashed through a sieve). Fold into the whipped cream cream and freeze 4 hours.

MAPLE NUT PARFAIT

1 cup maple syrup
4 egg yolks
¾ cup chopped nut meats

Use recipe for vanilla parfait, substituting boiling maple syrup for sugar and water ,and egg yolks for whites. Add nut meats. Omit vanilla. Freeze as directed above.

BISCUIT TORTONI

1 cup sugar
1 cup water
4 egg yolks
2 teaspoons gelatine
1 pint heavy cream
½ cup chopped blanched almonds
1 cup dry macaroon crumbs

Boil sugar and water together five minutes. Pour over beaten egg yolks, stirring constantly and cooking until thickened. Add gelatine, which has been soaked in water to cover. Add chopped nuts and half the macaroon crumbs. Chill thoroughly. Fold in stiffly whipped cream and freeze in paper cups with the remainder of the crumbs sprinkled on top. Freezing time, 5 hours.

FROZEN CHOCOLATE CUSTARD

2 squares bitter chocolate
¼ cup sugar

Melt the chocolate over boiling water and add it with the sugar to the custard, in the recipe for Frozen Cream Custard. The whipped cream may be omitted when a plain chocolate custard is desired.

FROZEN CREAM CUSTARD

3 cups milk
2 tablespoons corn starch
¾ cup sugar
2 eggs
1 teaspoon vanilla
1 cup heavy cream
Few grains salt

Make a custard of the milk ,cornstarch, sugar and eggs. Add vanilla and salt. Cool, place in the freezing tray. After freezing for 1 hour stir in the cream which has been whipped stiff ,and freeze 2 hours longer.

FROZEN FRUIT CREAM

1 cup grated pineapple (drained)
1 cup banana pulp
1 tablespoon lemon juice
1 pint cream
1 cup sugar

Mix the first four ingredients thoroughly, stir into the cream and place in the freezing tray, stirring every half hour until stiff enough to hold its shape. Freez 4 hours.

This recipe may be varied by substituting other fruits, for the banana and pineapple.

NEAPOLITAN ICE CREAM

Prepare the mixture for chocolate ice cream according to directions given, and pour into the large freezing tray. Stir 3 times at half hour intervals. Then prepare the raspberry mousse, chilling thoroughly in the food compartment of the ice box before adding the whipped cream. Pour the mousse mixture over the chocolate ice cream in the freezing tray. Leave in the ice box to freeze for 2 hours. Then pour in the vanilla parfait mixture which has been prepared according to directions and thoroughly cooled in the food compartment. Freeze 3 hours longer, and serve.

This recipe makes a large amount of ice cream. Each part may be reduced one-third or one-half if desired.

PEACH ICE CREAM

1 cup milk
2 eggs
½ cup sugar
1 tablespoon gelatine
1½ cups hot water
Few grains of salt
2 cups peach pulp (if fresh peaches are used, let stand ½ hour with ½ cup sugar)
1 cup heavy cream

Scald the milk. Add the sugar and salt to the beaten eggs, then pour slowly into the hot milk, stirring constantly and cooking until the mixture coats the spoon. Dissolve the gelatine in hot water after it has been soaked in cold water to cover for a few minutes. Combine the two mixtures, cool, add the stiffly whipped cream and fold in the peach pulp, place in the ice box and freeze 4 hours.

VARIOUS FRUIT ICE CREAMS

Apricots, strawberries, raspberries, etc., may be substituted for peaches in the preceding recipe, varying the quantity of sugar according to the tartness of the fruit.

CARAMEL NUT ICE CREAM

½ cup sugar
½ cup water
¾ cup chopped nut meats (preferred pecans)

Use the recipe for vanilla ice cream.

Before adding the cream, stir in the half cup of sugar which has been browned in a saucepan and simmered in the water until dissolved.

Then fold in the nutmeats, add the cream and freeze as the vanilla ice cream.

TRY THESE

BROWN BREAD

1 egg
½ cup sugar
½ cup molasses
2 cups sour milk
2 tsp. soda
1 tsp. salt
1 cup flour
2 cups Graham flour
1 cup raisins
1 cup nuts
3 tbsp. shortening (about)

Mix and place in greased, closed coffee tins, and bake about one hour in moderate oven.

OLD FASHIONED PENNY PUFFS

1 cake yeast foam
2 eggs
½ cup sugar
2 cups hot water
2 tbsp. Crisco or other shortening
1 tbsp. salt

Soak yeast until soft in one-half cup warm water. Mix together sugar, hot water and Crisco and salt. When this is luke warm add beaten eggs and flour until stiff enough to knead. Beat well. Do this in a. m. Set in warm place to raise. At night knead down, and grease well. Place in refrigerator.

Next morning pinch off dough about size of egg, because they raise more than double their size and place in gem pans to let raise about 2½ or 3 hours. Leave rest of dough where it is cold to be baked as desired. Bake at 450 degrees for ten minutes.

COFFEE CAKE

3 cups flour
½ cake Fleischman's yeast
½ cup raisins
2 eggs
½ cup sugar
1 tsp. salt
½ cup water

Mix. Knead three times. Put in pans and let raise one hour. Spread mixture of butter, flour, sugar and cinnamon on top before cooking.

TUNA FISH SALAD

2 cups Tuna Fish cut small
3 hard boiled eggs
2 cups celery cut fine
1 cup chopped mixed pickles

Add the celery and eggs to fish. Mix the pickles with three tablespoons of mayonnaise. Combine and serve on lettuce leaves. Salt and pepper to taste.

TUNA FISH SALAD

1 tbsp. gelatin
¼ cup cold water
Set
¾ cup milk
2 egg yolks
1 tsp. salt
2 tbsp. vinegar
1 tsp. dry mustard

Cook in double boiler and then pour gelatin and fish while hot and set. This serves 12.

SALMON SALAD

1 can red salmon
½ package shell macaroni
2 hard boiled eggs
Few chopped pickles
½ head lettuce, shredded

Cook macaroni and drain under cold water Flake salmon and add, with pickles. May be used with any kind of salad dressing.

CHRISTMAS SALAD

Boil one cup of sugar with two cups of water. Add pink color as desired. Peel and core several apples, leaving them whole. Drop in the syrup and cook until tender. Take out of syrup and fill cavity with any suitable filling, i. e., pineapple and pimento cheese. Put apples in cups. Mix one package lemon jello with syrup made from apples. Cool and serve on lettuce leaf with salad dressing.

FRENCH FRUIT SALAD DRESSING

1 egg yolk
¼ tsp. mustard
1 tsp. sugar
¼ tsp. salt
¾ cup salad or olive oil
¼ cup pineapple juice
2 tbsp. lemon juice
2 tbsp. orange juice
2 tbsp. Maraschino cherry juice

Beat egg yolk. Add mustard salt and sugar and gradually beat in oil. After adding all the juices, put in quart jar and shake.

FRENCH SALAD DRESSING

1 cup Wesson oil
1 cup vinegar
1/3 cup sugar
½ tsp. salt
1 tbsp. mustard
1 tsp. paprika
1 can tomato soup
2 or 3 tbsp. onion, chopped very fine.

Mix in order given. Place in quart jar and shake well before serving.

TRY THESE

MEAT BALLS

1 lb Hamburger
1 lb. ground veal
¼ lb. ground pork
1 cup cooked rice
1 egg
1 small onion, chopped
1 tsp. Maxine Chili powder
salt and pepper to taste

Mix well and form into small balls. Put in roasting pan. Mix one can tomato soup with one can water. Pour over meat balls and bake in slow oven one hour. Serves six.

HAM BALLS

1 lb. ham
2 lbs. fresh pork, ground together
1 cup milk
1 cup bread crumbs
¼ tsp .salt
¼ tsp. pepper
2 eggs

Mix and bake into balls. Arrange in pan and cover with one can tomato soup. Bake about 1½ hours. Add a little water if necessary.

CHICKEN LOAF

One three-pound chicken, cooked until tender. Add two quarts bread crumbs, salt, pepper and a dash of sage. Stir with fork until all is shredded and worked together. Then add one egg. Pour it over the chicken liquor. Place in buttered baking dish and bake slowly for one hour. Serve cold or hot. Watch for dryness.

JELLIED MEAT LOAF

Cook one or two veal shanks and one or more pork shanks until the meat can be scraped from the bones with a fork. Mince the meat in small pieces in the liquid in which it has cooked. Season with salt, pepper, a little celery salt and garlic or any seasoning to suit the taste. Put in flat pan and cool in refrigerator with enough liquid to cover. If any fat comes to the top it can be scraped off when cold.

Larger amounts can be made at one time as it keeps nicely in refrigerator.

JELLIED MEAT LOAF

2 tbs. gelatin
1 cup water
2 cups seasoned meat stock
1 tbsp. lemon juice
1 pimento cut in strips
¼ cup stuffed olives
2 cups cold meat

Soak gelatin for five minutes. Bring stock to boiling point. Add gelatin and lemon juice. When partly cool add meat, olives and pimento. Pour in wet loaf pan and set in refrigerator.

FRANKFRITTERS

1½ lbs. weiners
2 tbsp. mustard
2 eggs
½ cup milk
2 tbsp. lard
1 cup flour
1 tsp. baking powder
½ tsp. salt

Prick weiners and boil ten minutes. Cool Split open enough to spread prepared mustard inside. Press together. Dip into batter and fry until brown.

Batter: Beat the eggs ,add milk and melted lard. Then the sifted flour, salt and baking powder.

BAKED BEANS WITH TOMATO SAUCE

Cook Navy or Northern beans until tender but not mushy. Drain and let stand. Put one can of tomatoes and one onion in pan and boil until tender. Put through sieve. Blend two tablespoons of flour and two tablespoons of butter in sauce pan. Add tomatoes and 1/3 cup of vinegar, 2/3 cup of sugar and salt and pepper.

Pour this tomato sauce over beans and add about one pint of water. Strip with bacon. Bake until done. Gradually add a little water while baking.

STUFFED PEPPERS

6 green peppers
1 lb. hamburger
½ cup cooked rice
1 egg
Salt and pepper to taste

Cut tops from peppers. Remove seeds and fill with stuffing. Place in pan.

Melt two tablespoons butter in pan and add one small chopped onion and brown. Then add one tablespoon flour. Pour in one can strained tomatoes ,pinch of salt and pepper and dash of paprika. Cook three minutes and pour over peppers. Bake in moderate oven one-half hour. Serves six.

STUFFD TOMATOES

Wash six tomatoes thoroughly. Cut out the middle part and put in refrigerator to get firm.

2 cups rolled crackers
2 tbsp. butter, cheese or meat
salt and pepper if desired

Mix and stuff tomatoes with mixture. Bake in a greased pan until the skins of tomatoes shrivel up. Serve immediately.

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TRY THESE

FORK COOKIES

1 cup sugar
½ cup butter
2egg yolks
2 cups flour
½ tsp .cream of tartar
½ tsp. soda
1 tsp. vanilla

Roll in balls the size of a walnut. Press down with fork. Bake in moderate oven. Place nutmeats on top.

ICE BOX COOKIES

1 cup brown sugar
1 cup white sugar
1 cup fat
(butter or substitute)
2 eggs
1 tsp. soda
2 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
1 cup raisins
1 cup dates
½ cup nuts
½ cup sour cream
4 cups flour

Mix as ordinary cookies and add the raisins, nuts and dates after grinding or chopping fine. Make in rolls about 2½ inches in diameter and wrap in wax paper. Store in cold place at least 24 hours. Slice thin and bake in medium hot oven ,375 degrees.

PEANUT BUTTER COOKIES

½ cup butter ,scant
½ cup peanut butter
1 beaten egg
½ cup white sugar
3 cups brown sugar
1 level tsp. soda in
2 tbsp. cold water
1½ cups flour

Roll in palms to size of a walnut. Press with fork which has been dipped in cold milk.

BROWNIES

2 eggs beaten lightly
1 cup sugar
6 tbsp. butter
2 square chocolate
½ cup flour
1 cup nuts
pinch salt
1 tsp. vanilla

Bake 25 minutes in moderate oven in loaf tin. Cut in squares.

1 cup brown sugar
2/3 cup butter, melted
⅛ tsp. salt
2 cups quick cooking rolled oats stirred in
1 tsp. vanilla

Melt butter and while on the stove, add sugar, oats and salt. Remove and place in square cake tin. Bake about 20 minutes at 275 degrees. Cut while warm in 1-½ in. squares.

GUM DROP COOKIES

2 cups brown sugar
4 eggs
1 tbsp. cold water

Beat eggs. Add water and sugar. Sift together two cups of flour, one teaspoon cinnamon and a little salt. Add one cup of gum drops, chopped fine, and one cup of nut meats with the flour so that it will not settle to the bottom. Mix thoroughly. Bake in moderate oven and when hot put on the following icing:

3 tbsp. butter
2 tbsp. orange juice
1 tbsp. grated orange rind
Enough powdered sugar to thicken.

When cold cut in squares, Do not use black gum drops.

GRANDMOTHER'S SUGAR COOKIES

4 eggs
2 cups shortening
2 cups sugar
1 tsp. vanilla
flour

Mix thoroughly eggs and sugar. Blend in shortening and add vanilla. Then add flour enough to make a soft dough and roll to ¼ in. thickness. Bake in quick oven. Sprinkle top with sugar before baking.

GINGER PUFFS

1 cup shortening
½ cup light brown sugar
½ cup dark molasses
2 cups flour sifted with:
1 tsp. baking powder
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
½ tsp. salt
2 eggs, well beaten
½ cup sour milk

Cream butter and sugar. Add eggs and molasses. Add dry ingredients. Set oven to 400 degrees after pre-heating to 325 degrees. Bake 20 minutes in muffin tins.

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TRY THESE

CHOCOLATE CAKE

2 cups white sugar
1 cup shortening
2 cups sour milk
2 tsp. soda dissolved in milk
2 eggs
½ cup cocoa, dissolve in
½ cup boiling water
2¼ cups flour
2 tsp. vanilla
½ tsp. salt

Mix in order given. Bake in large loaf pan in moderate oven.

WHITE FRUIT CAKE

2 cups sugar
½ lb. butter
1 cup orange juice
⅛ tsp. soda
5½ cups flour
2 tsp. baking powder
½ tsp .salt
8 egg whites
½ glass jelly
1 lb. white raisins
1 lb. blanched almonds
½ lb. citron
½ lb. red cherries
1 large grated cocoanut
½ lb. candied orange and lemon peel
½ lb. crystalized pineapple

Cream butter. Add sugar and cream well. Sift salt, baking powder with half the flour. Add soda to orange and add alternately with sifted ingredients. Add remaining flour to chopped nuts and fruit. Stir floured fruit into cake mixture. Fold in beaten whites last. Bake in loaf tins lined with oiled paper in slow oven, 300 degrees, for 2½ hours. One cup water in place of orange juice and soda, may be used.

ORANGE CREAM CAKE

4 eggs
1 cup sugar
3 tbsp. cold water
½ tsp. lemon extract
grated rind one orange
1 cup cake flour
1¼ tsp. Baking powder
¼ tsp. salt

Beat yolks until lemon color and add sugar gradually. Continue beating. Add orange rind and water. Sift dry ingredients and add to first mixture. Bake in layers. Put in cold oven, set control 325 degrees. Bake 30 to 40 minutes.

PINEAPPLE ICE BOX CAKE

½ lb. vanilla wafers
½ cup butter
1 small can crushed pineapple
½ cup English walnuts
1½ cups powdered sugar
2 eggs
½ pint whipping cream

Butter pan 6½ by 11 inches square. Take one-half ground wafers and line pan. Cream butter and sugar thoroughly and add beaten eggs whipped until light yellow. Put on top of wafer and spread out evenly. Drain the pineapple and put on top of butter, sugar and egg mixture. Next whip cream and add ground nuts. Spread this on top of pineapple. Lastly spread the other half of ground wafers over all and pour the juice drained from the pineapple over all. When ready to serve, add whipped cream and place a cherry on top of each serving. Let stand 18 to 24 hours in ice box before serving. Serves 18 to 20.

GOLDEN CAKE

8 egg yolks
1 cup sugar
¾ cup butter
½ cup sweet milk
1½cups flour
2 tsp. baking powder
flavor to taste

Bake in angel food pan about 50 minutes at 325 degrees.

CRUMB CAKE

2 cups flour
2 cups brown sugar
2/3 cup Crisco scant
Crumb and save one-half of crumb mixture
Add to mixture:
2 eggs
1 cup sour milk
1 tsp. salt
½ tsp. soda
½ tsp. cinnamon
2 tsp. baking powder

Add ½ tsp. cinnamon to ½ cup of crumbs and scatter over above batter which has been put in pan. Bake in moderate oven.

DATE CAKE

2 cups sugar
2 chopped dates
2 cups boiling water

Pour over dates and let stand until cool.

½ cup butter ,melted
1 cup nut meats
3 cups flour
2 eggs
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla

Bake in moderate oven 45 minutes. This makes large cake and is excellent served with whipped cream.

TRY THESE

CUP CAKES

3 eggs beaten separately
½ cup butter
1 cup sugar
1 cup milk
2 rounded tsp. baking powder
2 cups cake flour

Grease muffin tins generously with butter. Cream butter and sugar and then add beaten yolks of eggs. Mix well with butter and sugar. Sift flour and baking powder three times. Then add a little milk, then a little flour and continue until all the milk and flour are added. Last of all the beaten whites of eggs and flavoring. Bake about 15 minutes.

GINGER BREAD

½ cup shortening
½ cup sugar
½ cup molasses
1 tsp. soda dissolved in
½ cup boiling water
1 tsp. ginger
1 egg
1¼ cups flour

Mix eggs, molasses, sugar and shortening Alternately add liquid and flour. Bake in slow oven about 40 minutes.

ANGEL GINGER BREAD

2 eggs
1 cup sugar
½ cup black molasses in
1 cup boiling water
½ cup shortening
1 tsp. ginger
1 tsp. cinnamon
1 tsp. vanilla
2 cups flour
2 tsp. soda

Mix in order given and bake about 20 minutes in moderate oven.

FRESH PEACH LUSCIOUS

Butter inside of casserole. Fill 2/3 full of sliced fresh peaches. Sprinkle with sugar Pour batter over peaches and bake ½ hour in moderate oven. Serve warm.

Butter: Blend ½ cup sugar with 1 egg. Add 3 tablespoons butter. Then add 1 cup flour, 3 teaspoons baking powder and a pinch of salt sifted together, alternately with ½ cup of milk.

APPLE CRISPETTE

One quart apples. Add sugar and cinnamon. Over this pour ½ cup water. Mix 1 cup brown sugar and 1 cup flour. Then add 5 tablespoons butter. Mix as for pie crust. Pour this over apples and bake in moderate oven for 45 minutes. When cool, cut in squares. Serve with whipped cream.

JUDY FROSTING

1 cup of sifted powdered sugar
1 tbsp. of butter
1 egg
¼ cup milk
2 or 3 squares of melted chocolate
½ tsp. vanilla if desired

Melt chocolate and beat in other ingredients until creamy. Stand in cool place.

LEMON PIE

1½ cups sugar
4 tbsp. flour
5 tbsp. cornstarch
½ tsp. salt
3 egg whites
½ tsp. vanilla
2¼ cups boiling water
3 egg yolks
grated rind of 1 lemon
½ cup lemon juice
6 tbsp. granulated sugar

Pastry

Mix sugar, flour, cornstarch and salt well together. Add to boiling water, stirring constantly. Cook for 15 minutes in double boiler, stirring as it thickens. Beat egg yolks and pour cornstarch mixture into the eggs slowly stirring constantly. Return filling to double boiler, cook two minutes longer. Remove from fire, add lemon juice and rind. When cold pour into a baked pastry shell. Make a meringue of the egg whites, granulated sugar and vanilla. Heap on pie and bake at 300 degrees for 15 minutes.

BUTTERMILK PIE

(For two pies.)
1 cup seeded raisins
½ cup sugar
2 tbsp. flour
1½ cups buttermilk
Bits of butter
½ tsp. cinnamon
¼ tsp. cloves or allspice

Place in unbaked crusts.

SNOW PIE

Beat 4 egg whites until they stand. Add ½ teaspoon cream of tartar. Fold in 1 cup of sugar. Add 1 teaspoon vanilla. Bake in Pyrex or wax-paper-lined pie tin at 250 degrees for 60 minutes. Do not open door until it has baked 50 minutes. Place either shredded cocoanut or crushed strawberries and whipped cream on top when pie is cold.

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TRY THESE

FIG PUDDING

½ lb. dried figs, chopped fine
1 cup beef suet, chopped fine
2 1-3 cups stale bread crumbs
½ cup milk
2 eggs
1 cup sugar
¾ teaspoon salt

Chop suet, and work until creamy, then add figs. Soak bread in the milk, add egg well beaten ,sugar and salt. Combine the two mixtures, place in buttered mould or in top of double boiler, buttered, and steam 3 hours.

DATE PUDDING

1 lb. stoned dates
½ cup sugar
1 teaspoon ginger
1 scant teaspoon salt
½ cup milk
½ lb. suet
1 cup flour
1 teaspoon cinnamon
2 eggs
1 cup soft bread crumbs

Pass dates and suet together through food chopper or grinder. Mix all ingredients well together, adding the well beaten eggs last. Turn into well buttered moulds, and steam two hours. To serve, decorate with holly, and surround with hard sauce. Figs, stoned raisins, currants, candied peel, prunes or nuts, alone or in combination, may replace dates.

ENGLISH PLUM PUDDING

1½ cups stale bread crumbs
1 cup suet, chopped fine
½ cup sugar
1 cup sugar
1 cup molasses
3 eggs
¼ cup flour
½ lb. seedless raisins
2 oz. citron cut fine
½ cup chopped almonds
2 cups sour apples, chopped fine
1 teaspoon ground cinnamon
½ teaspoon ground cloves
1 teaspoon salt
1 cup any fruit jjuice
rind of a lemon
½ teaspoon ground allspice

Soak raisins, citron, almonds and apples in the fruit juices over night; then add the rest of the ingredients. Turn into a buttered mould and cover or place in a well floured unbleached cotton bag, tie securely, leave place for pudding to swell and plunge in kettle of boiling water and boil from 4 to 8 hours, the longer the better. Keep covered with water and boiling the whole time. Good warmed over. Serve with white grape juice sauce.

ENGLISH FRESH FRUIT PUDDING

7 or 8 slices of bread
quart strawberries, sugar to taste
2 tablespoons butter
¼ teaspoon salt

Remove the crusts from the bread and butter one side. Grease a round-bottomed bowl and line with buttered bread. Crush the berries with the sugar and pour into the bowl. Cover with bread and on top place a tight fitting plate. Press with an iron and place in the box for 24 hours. The bread will absorb the juice and the pudding may be taken out as a mould. Serve with cream.

CHOCOLATE BREAD PUDDING

4 cups diced bread
3 cups milk
3 tablespoons cocoa
2-3 cup sugar
½ cup raisins
2 eggs
2 teaspoons vanilla

Pour milk over bread and raisins, let soak until soft, beat eggs, add sugar, cocoa and vanilla, combine with bread mixture. Pour in well buttered pudding pan. Dot top with bits of butter, bake in 350 degrees oven 30 minutes, serve with whipped cream.

CRUM CREAM PIE

1 cup sweet cream
¼ cup sugar
¼ teaspoon salt
¼ teaspoon nutmeg
1 egg
1 cup bread crumbs

Mix sugar and spices, add to crumbs, beat eggs and add to cream, fold into crumb mixture and fill unbaked shell. Bake in 400 degree oven for 25 minutes, cover top with whipped cream.

LEMON PIE WITH BREAD CRUMBS

1½ cups bread crumbs prepared without crusts
4 tablespoons butter
1 cup boiling water
1½ tablespoons corn starch
2 egg yolks
3 tablespoons lemon juice
grated rind 1 lemon

Add butter to bread crumbs, pour boiling water over and let stand until cool. Mix sugar corn starch, lemon juice and rind, combine mixtures and bake in one crust as custard in 400 degree oven for 25 or 30 minutes.

ROAST GOOSE WITH BAKED APPLE

1 eight pound goose
2 cups bread crumbs
2 tablespoons fat
3 sweet potatoes
¼ teaspoon sage
1 teaspoon salt
pinch of pepper
6 or 8 apples
¼ cup brown sugar

Cook the giblets until tender, chop and add to stuffing made by mixing bread crumbs, onions, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff, and sew the neck and back. Roast very slowly, about three hours. Wash and core six to eight apples; sprinkle with sugar, stuff with mashed and seasoned sweet potatoes. Bake until tender and serve hot with the goose.

BREAD STUFFING—NO, 1

1½ cups stale bread crumbs not dried
¼ cup butter or butter substitute
1 teaspoon salt
1 egg
¼ teaspoon pepper

Moisten the bread crumbs with an egg slightly beaten and the melted butter or butter substitute. Season and mix well. This makes a rich, moist dressing.

TRY THESE

Fruit Kuchen

1 heaping cup flour
2 tsp. baking powder
1 tbsp. sugar
pinch of salt
1 heaping tbsp. butter
1 egg, beaten with 2 tbsp. of milk
Mix like pie crust
Put apples or any kind of fruit on top
Mix 1 tbsp. butter
1 tbsp. flour
¾ cup sugar, and ½ tsp. cinnamon and sprinkle over fruit; bake 40 minutes at 350 degrees.

Ice Box Krantz

5 egg yolks
1 cup butter
1 cup luke warm cream
1 cake yeast
3 cups flour
¼ cup sugar
1 cup almonds, chopped

Dissolve yeast in cream. Cream butter, add yolks gradually, add yeast and cream then flour. Beat until dough leaves sides of bowl. Set in refrigerator over night.

Roll—Cover with almonds to which 1/3 cup sugar has been added and roll up like jelly roll. Place in a tube pan and let raise one hour until light. Bake at 350 degrees. Watch carefully.

The Roll may be cut into ½ inch slices and baked as schnecken and frosted.

Butter Horns

4 cups flour
2 tbsp. sugar
1 tsp .salt
1 cup butter

Mix above ingredients well—then add

1 cup warm milk

1 Red Star yeast cake dissolved in ¼ cup water with little sugar. Add 3 egg yolks beaten. Put dough in ice box until ready to use, then divide in four parts and roll ¼ inch thick in shape of pie crust. Spread with melted butter, sugar, cinnamon and nuts. Cut in ten pieces, roll wide side in. Place in pans not too close together. Let stand till light and bake and frost with thin frosting while warm. Makes 40 horns.

Mary's Coffee Cake

Cream ¾ cup sugar with butter the size of an egg. Add one egg, 1½ cups flour, 2 tsp. baking powder (rounding), 2/3 cup milk, vanilla and salt.

Sprinkle with sugar and cinnamon mixed, and almonds blanched and cut lengthwise.

Bake in 350 degree oven—20 to 30 minutes

Ice Box Rolls

Scald 2 cups milk—add ½ cup sugar, 2 tsp. salt and 3 tbsp. butter. Let cool, stirring occasionally. In the meantime, soften 2 cakes of yeast in ¼ cup luke warm water; to this add 1 tsp. of sugar. When milk is cool combine the two mixtures, add 2 beaten eggs and 4 cups flour. Beat well then add 2 more cups of flour: Mix. Put in ice box over night.

When ready to use—roll out and form into any kind of rolls—put in pan and let raise 2 hours. Bake about 15 minutes at 425 degrees. Makes about 4 dozen rolls and dough will keep for two days in ice box.

DESSERTS

Lemon Torte

1 envelope Knox gelatine
3 tbsp. cold water.
8 eggs
9 tbsp. lemon juice
Rind of 1 lemon (grated)
2 cups of sugar
pinch of salt
1½ doz. Lady fingers

Dissolve gelatine in 3 tbsp. of cold water. Fill cup with hot water—set aside to cool. Beat egg yolks ,add lemon juice and rind and 1 cup of sugar — cook in double boiler until quite thick, let cool and mix with gelatine. Beat egg whites, add pinch of salt, and 1 cup of sugar. Fold custard into the beaten whites gradually. Line torte pan with lady fingers; pour in mixture and let cool over night. Serve with whipped cream.

Cheese Torte

1½ pkgs. Holland Rusk—crushed very fine
1 cup sugar
1 tsp. cinnamon
½ cup butter

Mix well. Reserve 1 cup of this mixture for the top of cake, then use the rest to line the bottom and sides of tin.

Filling:

Two lbs. of cottage cheese, mix so there are no lumps in it, then add pinch of salt, 1 cup sugar, 4 eggs beaten, ½ pint of cream, 1 tbsp. flour. Mix well.

Pour this mixture in pan lined with crumbs. Cover with the crumbs which were reserved for the top.

Bake in a slow oven for about one hour.

Spanish Cream Dessert

½ cup butter
1 cup sugar
2 eggs
1¾ cups flour
3 tbsp. baking powder
1 tbsp. cocoa
1 tsp. cinnamon
¾ cup milk

Cream butter and sugar, add egg yolks and beat—sift dry ingredients—add flour mixture alternately with milk—fold in stiffly beaten egg whites—bake in two buttered layer cake tins at 350 degrees for 35 to 40 minutes—cool and put together with chocolate whipped cream.

DIET MENUS—RECIPES AND SUGGESTIONS

EAT THE RIGHT FOODS RIGHTLY PREPARED

It is all very well to know what you can't eat, but what you can eat is the question. Therefore, we have prepared the following diet menus and recipes for your guidance. Follow them faithfully and you will more quickly get the desired results.

REMEMBER! FAT FOODS MAKE FAT,
AND LEAN FOODS MAKE LEAN
WE SHOW YOU THE LEAN WAY
WEIGH EACH WEEK

MONDAY

Breakfast:—Bran flakes, one soft boiled egg, one piece of fruit ,coffee.
Lunch:—Cold chicken or small piece of roast veal, spinach or tomatoes, iced tea.
Dinner:—Veal cutlet, lettuce or celery, one-half cantaloupe or small helping of fruit, tea or coffee.

TUESDAY

Breakfast:—Baked apple or rhubarb, one piece toast, coffee.
Lunch:—Lamb or veal, carrots or asparagus, sliced peaches, buttermilk.
Dinner:—One soft boiled egg, one-half cup of bran combination salad, skimmed milk or iced tea or weak coffee.

WEDNESDAY

Breakfast:—One-half cantaloupe, or one-quarter Honey Dew melon or one-half grapefruit, one piece of toast, tea or coffee.
Lunch:—Broiled lamb chop two slices pineapple, cold slaw, diet dressing, iced tea or buttermilk.
Dinner:—Baked white fish or scrambled brains, celery, tomatoes or spinach, fruit skimmed sweet milk, tea or coffee.

THURSDAY

Breakfast:—Poached or soft boiled egg, prunes or one-half pear, bran flakes ,coffee.
Lunch:—Corn beef or roast mutton ,cabbage slaw with vinegar, brussels sprouts, cauliflower, buttermilk, iced tea, coffee.
Dinner:—Veal chops ,tomatoes, green onions, celery or green cucumbers or lettuce or beets, iced tea or coffee.

FRIDAY

Breakfast:—Orange juice, one-half cantaloupe or stewed apples, bran ,coffee.
Lunch:—Head lettuce, diet dressing, cottage cheese, tomatoes, lemon jello, buttermilk, iced tea or coffee.
Dinner:—Baked or broiled white fish or red snapper or bass or halibut, chow-chow, cold slaw or green onions, cranberry sauce, whole wheat bread of bran crackers, iced tea or coffee.

SATURDAY

Breakfast:—Baked apple or fresh fruit, bran muffin, poached egg, coffee.

Lunch:—Cottage cheese, three soda crackers, one-half head lettuce, diet dressing, spinach or string beans or green peas, buttermilk, iced tea or coffee.

Dinner: — Calves' brains, scrambled eggs, stuffed tomato, creamed onions or turnips, four stalks of celery, lemon jello or orange ice, iced tea, coffee.

SUNDAY

Breakfast:—Sliced oranges or fresh fruits ,bran flakes, coffee.

Lunch:—Boiled or baked fowl, stewed peas or carrots, sliced tomatoes, green onions, combination salad, diet dressing, jello or orange ice, iced tea, coffee.

Dinner:—Stuffed green pepper or cold fowl, green gage plums, or cherries or black berries, bran muffin, buttermilk, iced tea or coffee.

The above menus are only suggestions. You may change them to suit your convenience; but do not eat the following: Pure Cream cheese (except cottage), pork (in any form), olive oil, corn, wheat, rice, oats, potatoes, bananas, grapes and nuts.

You may eat small portions of stewed kidneys, sweetbreads, tripe, sirloin steak, broiled or baked chicken, turkey white meat, veal, mutton, lamb, black bass, red snapper, halibut, trout (brook), smelts, raw oysters, cottage cheese, vegetables, artichokes, asparagus, beans (green), beets, brussels sprouts, cabbage (raw), carrots, cauliflower, celery, greens (all kinds), cucumbers, eggplant, lettuce, mushrooms, okra, onions (green), oyster plant, parsnips, peas (green), pumpkin, radishes, rhubarb, rutabaga, sauerkraut, spinach, squash, tomatoes, turnips, watercress, fruits (raw), apricots, blackberries, cherries, cranberries, grape-fruit, lemons, cantaloupes, oranges, peaches, apples, pears, pineapples, watermelons, soups, (clear), tomato and vegetable, beverages, milk (skimmed), buttermilk, iced tea or coffee.

SUGGESTIONS

Eat only at regular meal time and only three meals a day. Drink no water with meals. Drink small amount at other times.

Abstain from all alcoholics.

Avoid cooked fats (meat should be boiled, broiled, baked or roasted.)

Use one-half lemon in glass of cold or hot water before breakfast.

ABOUT COOKING FOOD IN QUANTITIES

Most of us at some time or another have had the experience of being asked to serve on committees for church or community suppers and have been decidedly at a loss in knowing approximately the amount of foods to plan for serving fifty to one hundred or whatever the number it is estimated will attend. We are used to planning meals and to cooking for six or eight or maybe ten people, but when we get up into the larger figure we have a decided feeling of bewilderment.

A well known chef in planning banquets or large dinners says that he estimates somewhat as follows:

One gallon of soup will serve approximately forty persons, allowing a good-sized serving, or forty-four people if smaller servings are given. The latter number can be counted if the soup is a thin one. When a thick soup, such as a chowder or a cream of spinach soup is served, it is best to count on forty-servings for the gallon.

One gallon of cooked vegetables—peas, carrots, diced beets, creamed celery—will serve thirty-eight to forty people.

Fifty pounds of potatoes (calculated uncooked) when boiled and mashed will serve from 125 to 135, counting on the generosity of the server.

One pound of finely ground coffee will make two gallons of strong coffee or enough to serve eighty people. A gallon of cream will add the necessary trimmings for one hundred cups while a pound of sugar will serve sixteen to twenty.

A pound of butter can be counted on to make 48 pieces or enough to give twenty-four persons two pieces each.

There are 300 small olives in a gallon. The usual allowance is three per person.

A gallon of ice cream will serve from twenty-four to thirty people, depending on how it is cut or dished.

If rolls are served, of course, it is an easy matter to calculate the number required. If bread is used remember that a large loaf cuts into twenty-two average slices and that one slice cut in half should be planned for each serving.

In planning the meat figure that each pound of meat when trimmed and cooked will weigh at most but a scant three-quarters of a pound and cannot be counted on to serve more than four people.

Salads such as potato or a vegetable salad are planned one-half cup to a serving or thirty-two servings for each gallon or mixed salad. When the salad is coleslaw a gallon can be counted on to serve about thirty-six.

RECIPES FOR SERVING 50 PEOPLE

COFFEE FOR FIFTY

4 full cups coffee.
9 quarts water.

COCOA FOR FIFTY

1½ measuring cups cocoa
2 cups sugar.
½ teaspoon salt.
1½ quarts boiling water.
8 quarts warm milk.

MASHED POTATOES FOR FIFTY

8 pounds potatoes.
⅛ cup salt.
1½ pints milk.
½ cup butter.

BISCUITS FOR FIFTY

3½ quarts flour.
¼ cup salt.
1/3 cup baking powder.
1½ cups lard.
1 quart milk.

CHICKEN SALAD FOR FIFTY

5 six pound chickens.
1 can pimentos.
4 teaspoons salt.
½ cup butter.
4 tablespoons parsley.
1 pound mushrooms.
3 quarts white sauce.

BAKED BEANS FOR FIFTY

3 quarts of beans.
1/3 cup soda.
¾ cup molasses.
1/3 cup sugar.
1½ teaspoons mustard.
1½ teaspoons paprika.
4 tablespoons salt.
1½ pounds pork.
2 cups water.

MACARONI AND CHEESE FOR FIFTY

5 pounds macaroni.
2 gallons water.
¼ cup salt.
½ cup butter.
6 quarts white sauce.
2 pounds cheese.

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FOOD TABLES

Both the fuel value of food and the body's energy needs are measured in a heat unit called a calorie. The energy requirement for a normal adult engaged in a sedentary occupation is from 2,200 to 2,800 calories a day for a man, and from 1,800 to 2,200 calories for a woman. For those who are overweight and wish to reduce, the amount of food eaten should supply from 1,200 to 1,600 calories a day. The exact amount will depend upon the size, age, activity, and the rate of loss of weight of the individual. For most people, a loss of 2 pounds a week is sufficient. Sometimes at the beginning of weight reduction, in spite of a low food intake and increased exercise, there is no apparent loss in weight for a period of a week or two. This is because the body fat is being replaced by water. Usually with persistence this condition will right itself.

FOOD	100 CALORIES
Almonds ,salted	10-12 nuts
Angel cake	piece 1¼ inches by 2 inches by 2½ inches
Apple, baked with 2 tablespoons sugar	½ apple
Apple dumpling	1/3 medium pumpling
Apple, fresh	1 large apple
Apple pie	piece 1½ inches at circumference
Apple sauce	⅜ cup
Apple snow	4/5 cup
Apricots, dried, stewed ,sweetened	¼ cup
Asparagus, canned, drained	15 large stalks 5½ inches long
Asparagus ,fresh	20 large stalks 8 inches long
Asparagus soup, cream of	½ cup (scant)
Bacon, cooked	4-5 small slices
Baking powder biscuit	2 small biscuits
Bananas	1 medium
Beans, baked, canned	1/3 cup
Beans, lima, fresh or canned	½ cup
Bean soup	¾ cup
Beans, string	2 1/3 cups of 1-inch pieces
Beef, broth	2½ cups
Beef, corned, boiled (with fat)	slice 4½ inches by 1½ inches by 1¼ inches
Beef, dried	4 thin slices 4 inches by 5 inches
Beef, Hamburg steak, broiled	cake 2½ inches diameter, ⅞ inch thick
Beef, liver, broiled ,ground	½ cup
Beef, loaf	slice 4 inches by 6 inches by ⅛ inch
rib, lean, roasted	slice 5 inches by 2½ inches by ¼ inch
round ,lean, roasted	slice 4¾ inches by 3½ inches by ⅛ inch
sirloin steak, lean ,broiled	slice 2 inches by 1½ inches by ¼ inch
stew with vegetables	2/5 cup
Beet green, cooked	2¼ cups
Beets, fresh	4 beets, 2 inches diameter (1 1/3 cups sliced)
Blackberries, fresh	½ cup (50 berries)
Bologna sausage	slice 2⅛ inches diameter ,½ inch thick
Bran muffins	1 small muffin
Bran, prepared	½ cup
Brazil nuts ,shelled	2 nuts
Bread ,white, medium loaf	slice ½ inch thick
toast, medium loaf	slice ½ inch thick
graham ,medium loaf	slice ½ inch thick
whole wheat, medium loaf	slice ½ inch thick
Bread pudding	1 level tablespoon
Brocolli	2 1/3 cups
Brown Betty	1/5 cup
Bun, sugar	2/3 bun
Butter	1 tablespoon or 1 square 1¼ inches by 1¼ inches by¼ inch
Buttermilk	1⅛ cups
Butternuts	4-5 nuts
Cabbage	3½ cups chopped (4/5 cups shredded)
Cake, chocolate layer	½ small slice

FOOD	100 CALORIES
coffee	1½ inch cube
one-egg	1¾-inch cube
Cantaloupe	1 melon 4½ inches dia.
Carrots, fresh	1 2/3 cups of ½-inch cubes (4-5 young carrots ¾ inches long)
Cauliflower	1 small head 4½ inches diameter
Celery	4 cups of ¼-inch pieces
Celery soup, cream of	½ cup
Charlotte Russe	½Charlotte Russe
Cheese, American	1 ⅛-inch cube
Camembert	4/5 of 1 sector
Cottage	5 tablespoons
Full cream	piece 2 inches by 1 inch by ⅜ inch
Roquefort	piece 1½ inches by 1¼ inches by ⅞ inch
soft cream	2 tablespoons
souffle	½ cup
Swiss	slice 4½ inches by 3½ inches by ⅛ inch
Cheese straws	3 straws 5 inches by ⅜ inch by 3/8 inch
Cherries, sweet, fresh	20 cherries
Chicken, lean meat, cooked	3 slices 3½ inches by 2½ inches by ¼ inch
roast	1 slice 4 inches by 2½ inches by ¼ inch
salad	¼ cup
Chocolate, beverage made with milk	½ cup (scant)
blanc mange	¼ cup (scant)
fudge	piece 1½ inches by ¾ inch by 1 inch
layer cake	½ small slice
nut caramels	piece 1 inch by 1 inch by 4/5 inch
Clam chowder	¾ cup
Clams	12 clams or 2/3 cup
Cocoa, beverage, with milk water, half-and-half	2/3 cup
Codfish, creamed	½ cup
Cod-liver oil	1 tablespoon
Coffee jelly	1¼ cups
Cole slaw	1 cup
Consomme	4 cups
Cookies, plain	2 cookies 2¼ inches diameter
Corn bread	slice 2 inches by 2 inches by 1 inch
Corn ,canned	1/3 cup
chowder	1/3 cup
fresh, cut from cob	½ cup
fresh, on cob	2 ears 6 inches long
soup, cream of	½ cup
Cornflakes	¾ cup
Cornmeal ,cooked	2/3 cup
Cornstarch blanc mange	¼ cup
Cottage pudding	slice 1¾ inches by 2 inches by 2½ inches
Crab meat, canned	¾ cup
Crackers, graham	2½ crackers 2½ inches by 2¾ inches
oyster	24 crackers 1 inch in diameter
Crackers, saltines	6 crackers 2 inches square
soda	4 crackers 2¾ inches by 2½ inches
rye	5 crackers 1¾ inches by 3½ inches
whole wheat	4½ crackers 2½ inches by 1¾ inches
Cranberry sauce	¼ cup (scant)
Cream, thick (40 per cent fat)	1 2/3 tablespoons
thin (18.5 per cent fat)	¼ cup (scant)
Cream filling (custard)	3 1/3 tablespoons
Cucumbers	2 cucumbers 9 inches long
Cup custard	1/3 cup
Custard, boiled	1/3 cup (scant)
Custard pie	piece 2 inches at circumference
Dates, unstoned	3-4 dates
Doughnuts	½ doughnut
Egg	1 large (average size 70 calories)
Eggnog	½ cup (scant)
Eggs, scrambled	¼ cup

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FOOD	100 CALORIES
Escarolle	2 large heads
Farina, dark, cooked	¾ cup
light, cooked	¾ cup
Figs, dried	1½ large
Floating island	2 tablespoons (heaping)
Frankfurters	1 sausage
French dressing with salad oil	1½ tablespoons
Fruit cake	piece 1⅞ inches by 1⅞ inches by ⅜ inch
Fruit cocktail	⅜ cup
Fruit salad	¼ cup and ½ tablespoon dressing
Ginger ale	1½ cups
Gingerbread, sour milk	piece 1 inch by 2 inches by 2 inches
Ginger snaps	6 snaps 1¾ inches diameter
Grapefruit	½ large
juice	1 1/3 cups
Grape juice	½ cup
Grapes, Malaga	20-25 grapes
Griddle cakes	1 cake 4½ inches diameter
Halibut steak, cooked	piece 3 inches by 1¼ inches by 1 inch
Ham, boiled	Slice 4¾ inches by ⅛ inch
Hard sauce	1 tablespoon
Hash	¼ cup (scant)
Hermits	2½ cookies 2 inches diameter
Hickory Nuts	12-15 nuts
Hominy grits, cooked	4-5 cup
Honey	1 tablespoon
Ice Cream, commercial	¼ cup
Jellies	approximately 1 tablespoon
Kale, cooked	2 1-3 cups
Lady, fingers	2-4 fingers
Lamb chops, broiled	lean meat of one chop 2 inches by 1½ inches by ¾ inch
Lamb, leg, roast	slice 3½ inches by 4½ inches by ⅛ inch
Lemon ice	½ cup (scant)
Lemon jelly	½ cup
Lemon juice	1⅛ cups
Lemon meringue pie	piece 1 inch at circumference
Lettuce	2 large heads
Macoroni and Cheese	½ cup
Macaroni, with tomato sauce	5 tablespoons
Macaroons	2 macaroons
Mackerel, Spanish, broiled	cross section 2½ inches diameter
Maple syrup	1½ tablespoons
Marshmallows	5 marshmallows 1¼ inches diameter
Mayonnaise dressing	1 tablespoon
Milk, condensed, sweetened	1½ tablespoons
dried ,whole	3 tablespoons (scant)
evaporated	3¾ tablespoons
skim	1⅛ cups
whole	⅝ cups
Mince pie	piece 1 inch at circumference
Mints, chocolate cream	3 mints 1 inch diameter
Molasses	1½ tablespoons
Molasses cookies	3 cookies 2 inches diameter
Muffins	¾ muffin
Mushrooms, fresh	20-25 mushrooms 1 inch diameter
Mutton, leg, roasts	slice 3 inches by 3¾ inches by ⅛ inch
Oats, rolled, cooked	½ to ¾ cup
Okra	25-30 pods
Oleomargarine	1 tablespoon
Olive oil	1 tablespoon
Olives, green unstoned	6-8 olives
ripe, unstoned	6-8 olives
Onions	3-4 medium
creamed	1/3 cup
Orange juice	1 cup

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FOOD	100 CALORIES
Oranges	1 large
Oyster stew	¾ cup
Oysters	2/3 cup solid or 6-15 oysters
Parsnips	1 parsnip 7 inches long, 2 inches diameter at top
Pea soup, green, cream of	2/3 cup
Pea soup, split	3-5 cup
Peaches, canned	2 large halves and 3 tablespoons juice
fresh	3 medium
stewed	½ cup
Peanut brittle	2 squares 1¼ inches by 1¼ inches by ⅜ inch
Peanut butter	1 tablespoon (scant)
Peanuts, chopped	2 tablespoons
shelled	20-24 single nuts
Pears, canned	3 halves and 3 tablespoons juice
fresh	2 medium
Peas, canned, drained	¾ cup
creamed	½ cup
green, shelled	¾ cup
Pecans, shelled	12 meats
Peppers, green	5 peppers 3½ inches long
stuffed	1 large
Pineapple, canned	1 slice and 3 tablespoons juice, or ¼ cup shredded
fresh	2 slices 1 inch thick
juice	2/3 cup
Plums, fresh	3-4 large
Popovers	1 popover
Pork chops ,broiled	½ average chop (lean meat only)
Pork sausage ,cooked	1 2/3 sausages 3 inches long, ¾ inch diameter
Potato salad	¼ cup
Potato soup	½ cup (scant)
Potatoes, sweet	½ medium
sweet, glazed	½ small
Potatoes, white, baked	1 medium
chips	8-10 large pieces
creamed	2-5 cup
escalloped	⅝ cup
mashed	½ cup (scant)
Prunes, stewed, sweetened	2 prunes and 2 tablespoons juice
souffle	2-5 cup
Radishes	3 doz. red button
Raisins	¼ cup seeded or 2 tablespoons seedless
Rhubarb, stewed sweetened	½ cup
Rice, cheese and tomatoes	¼ cup
Rice pudding, plain	¼ cup
with raisins	½ cup (scant)
Rice, puffed	1 1/3 cups
steamed	¾ cup
Rolls, French	1 roll
Salmon, canned	½ cup (scant)
Sardines, canned	4 sardiness 3 inches long
Sauerkraut	2½ cups
Scallops	¾ cup
Sherbet	¼ cup
Shredded wheat	1 biscuit
Shrimp, canned without oil	20 shrimps or 2/3 cup
Smelts	2 fish 6 inches long
Snow Pudding	2-3 cup
Soda water ,with vanilla ice cream	1/3 average glass
with chocolate ice cream	¼ average glass
Spanish cream	1 cup
Spinach, cooked and chopped	2½ cups
Spinach soup, cream of	2/3 cup

FOOD	100 CALORIES
Sponge cake, hot water	piece 2 inches by 2¾ inches by ⅞ inch
Squash, Hubbard, cooked	1 cup (scant)
summer	½ squash 5 inches diameter
Strawberries, fresh	1 1/3 cups
Strawberry short cake	1-3 average helping
Succotash, canned	1/3 cup
Sugar, brown	3 tablespoons
Sugar cookies	2 cookies 2¼ inches diameter
Sugar, granulated	2 tablespoons (scant) (1 teaspoon equals 20 calories)
loaf	4 pieces 1⅛ inches by ¾ incl. by ⅜ inch
powdered	2¾ tablespoons
Sundae ,chocolate	¼ portion
Tapioca, apple	¼ cup
cream	½ cup (scant)
Tomato juice	2 cups (scant)
Tomato Salad	½ serving (2.7 oz.)
Tomato soup, canned	¾ cup
soup, clear	1 cup (scant)
soup, cream of	⅜ cup
Tomatoes, canned	2 cups (scant)
fresh	2/3 medium
stuffed	1 tomato
Tuna fish, canned	½ cup
Turkey	1 slice 4 inches by 2¼ inches by ¼ inch
Turnip greens	2½ cups, cooked
Turnips	2 cups (½-inch cubes)
Veal leg, roast	slice 2 inches by 2¾ inches by ⅛ inch
Veal, liver, pan broiled	slice 3½ inches by 2½ inches by ⅜ inch
Vegetable soup	1 cup
Waffles	2/3 waffle 6 inches diameter
Waldorf salad	1 very small serving
Walnuts, English	8-16 meats or 1¼ tablespoons chopped
Watermelon	¾ inch slice 6 inches diameter
Welsh rarebit	1½ tablespoons rarebit, ½ slice toast
White sauce, medium thick	¼ cup

Food tables were adapted from A Laboratory Handbook for Dietetics, Mary Swartz Rose. New York, The Macmillan Company. 1929.

Cups are measured by the standard measuring cup, ½ pint.

Pies are 9 inches in diameter.

Coffee and tea alone have no calorie value. The cream and sugar added should be measured and counted.

The calorie value of vegetables given is without butter or any other dressing unless the latter is specified. If butter or a dressing is used, it should be counted separately.

MAYONNAISE DRESSING WITH MINERAL OIL

1 cup of mineral oil
1 egg yolk
½ teaspoon mustard
1 pinch salt
little pepper
1 tablespoon vinegar, or
2 tablespoons lemon juice

Beat egg yolk, mustard, salt, and pepper together. Add mineral oil slowly, drop by drop, until mixture begins to thicken. Then add alternate mineral oil and vinegar or lemon juce. The seasonings may be varied according to taste. This dressing may be used freely and the calorie content disregarded.

FRENCH DRESSING WITH MINERAL OIL

3 tablespoons mineral oil
1 tablespoon lemon juice
pinch mustard
salt, pepper

Pour mineral oil on dry ingredients. Add lemon juice and mix thoroughly.

SOUR CREAM DRESSING

1 cup evaporated milk
3 tablespoons vinegar
1 teaspoon salt

Add vinegar slowly to milk and beat until smooth. Add salt. Excellent to serve on chopped raw cabbage and with other vegetable salads.

ALCOHOLIC BEVERAGES

Alcoholic beverages contain calories, and they must be counted when they are used. The calories vary with different beverages depending on the amount of alcohol and total solids which they contain. For instance ½ pint of beer contains from 103 to 182 calories.

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